

OTTAWA JEWISH BULLETIN & REVIEW



The Family Weiss tries to survive at Auschwitz, in the scene from the NBC TV "Holocaust" spectacular to be premiered next month.

Backgrounder

Israel's Action in Lebanon

The purpose of the operation carried out by the Israel Defence Forces earlier this month along the Lebanese border was to eradicate terrorist bases adjacent to the border and those special bases from which terrorists have infiltrated deep into Israel to conduct their murderous "operations". Although the action came in the immediate wake of the bloody attack on the Haifa-Tel Aviv road, Israeli officials do not consider the action a retaliatory operation. There can be no retribution for the murder of innocent civilians. Every effort was made by the Israeli Forces to avoid the loss of Lebanese civilian life. Israel continues to recognize that this area is the sovereign territory of Lebanon, and hopes that subsequently the Government of Lebanon will be able to ensure peaceful co-existence between Southern Lebanon and Northern Israel. The goal of Israel's operation was to prevent further attacks of the PLO and ensure the future safety of the citizens of Israel.

1. The barbaric attack of Saturday, March 11th took 33 Jewish lives, including 13 women and 6 children. The aim of its perpetrators was both to kill Jews and to take hostages with a view of securing the release of Arab and other terrorists convicted of such atrocities as the Lod Airport massacre of 1972. The murder squad was to kill all hostages if the Government of Israel did not surrender to its demands.

2. The murderers received their instructions from Abu Jihad, one of the principal aides of Yasser Arafat, head of the Fatah and Chairman of the PLO. The weapons which they carried were mainly of Soviet supply and manufacture.

3. Responsibility for this act of terrorism was openly and brazenly claimed by the PLO and its spokesmen. In Beirut PLO spokesman Majed Abu Sharar announced that the raid was "our

answer to (Egyptian President) Sadat's peace initiative" (Quoted in Time, March 20, 1978). In Beirut, Fatah headquarters announced that it had instructed a force to carry out the operation in the name of the Martyr Kamel Adwan.

4. The Haifa-Tel Aviv road massacre is indeed but one in a long line of similar atrocities, beginning with the killing of 12 school children and their teachers in a school bus near Avivim in 1970, the murder of 11 Israeli athletes at Munich, and the execution of the US and Belgian diplomats in Khartoum. Since then scores of innocent civilians have died in brutal PLO attacks in Israel.

At Maalot 24 died, at Kiryat Shmonah 18, at Kfar Yuval 2, at Shamir 3, at Nahariya 3, at the Zion Square Massacre 7, 16 Puerto Rican pilgrims and 10 Israelis were massacred at Lod Airport, and 8 tourists at the Savoy Hotel in Tel Aviv.

Since the Yom Kippur War in 1973 Israeli settlements have been bombarded 1,548 times, for the most part from Lebanese territory. 108 Israeli citizens, mostly women and children, have died.

5. In the last three months PLO terror groups have carried out a number of vicious attacks, bombing Jerusalem buses and public places, assassinating prominent Arabs in Judea and Samaria, and murdering Egyptian editor Yusef El-Sebai. Their aim is to kill innocent women and children. These were the people appointed by the Rabat Conference to be the sole representatives of the Palestinian people.

6. The PLO enjoys massive financial aid from the Arab world, above all from Saudi Arabia. According to Abu Hisham, PLO representative in Saudi Arabia, that country gave to Fatah in 1977 no less than 28 million dollars. Saudi State Radio declared the massacre of women and children on the Haifa-Tel Aviv road to be a

"courageous action".

7. PLO arms are supplied by the Soviet Union. PLO Chieftain Yasser Arafat's recently concluded visit to Moscow and East Germany (March 6-10, 1978) was a highly visible demonstration of growing Soviet support. According to Falastin A-Thawra (published by the PLO in Beirut), Soviet support was promised by Brezhnev and Gromyko for an escalated PLO struggle. Since the acclaim accorded Arafat's armed appearance on the rostrum of the United Nations, a permanent observer presence has been established at that organization.

8. For many years, the PLO has, as a matter of policy, located its military installations in South Lebanon. Expelled from Jordan in 1970, not allowed to act from Syria, they turned refugee camps in Lebanon into military encampments like Damur and Tel El-Zataar around which some of the bloodiest battles of the Lebanese Civil War were fought — a war that was largely focused on the PLO attempt to undermine Lebanese sovereignty. In the south of Lebanon PLO units have been organized into regular army divisions comprising thousands of men. They have been armed with Soviet weaponry including 122MM. and 133 MM. heavy Katyusha rocket launchers used for attacks across Israel's borders, 120MM guns, anti-aircraft cannons, bazookas, and large quantities of small arms. Supply depots containing many tons of ammunition provided by the Soviet Union through the PLO controlled ports of Tyre and Sidon were dotted across the country in bases and camps alongside the civilian population.

9. Israel is more firmly convinced than ever that the peace-making process must go on and that for it to succeed, all elements which, like the PLO, have vowed to sabotage it, must be decisively rejected and their murderous ambitions brought to naught.

Holocaust TV Special

On Sunday night, April 16, at 7:30 the NBC television network will be broadcasting the premiere episode of a four evening docu-drama entitled "Holocaust." Based on Gerald Green's novel, this television spectacular will most certainly be one of the major events in television history.

"Holocaust" is the saga of a gentle and compassionate Jewish physician and his family from 1935 to 1945, all of whom are in different ways buffeted by the fury of Nazi bestiality. Paralleling the tragedy of this family is the story of an ambitious young German lawyer,

who, prodded by his even more ambitious wife, joins the SS and becomes an aide to the chief planner of the annihilation of the Jews.

The Jewish Community Centre in co-operation with Temple Israel, the Ottawa Athletic Club, and the Holocaust Committee would like to take this opportunity to invite you and your family to view the premiere episode on Giant Screen Television at Ottawa Athlete Club. Tickets are free but must be obtained in advance by phoning the Jewish Community Centre at 232-7306.

Rosenfeld Named Chairman of P.S.D.

Gdalyab Rosenfeld has been named Chairman of the Public Service Division by Sol Shinder, General Chairman of the 1978 United Jewish Appeal of Ottawa.

Rosenfeld, who was a Vice-Chairman of the 1977 Public Service Division, is Director-General, Program Development and Evaluation, Health & Welfare Canada. He is actively involved in community affairs and is currently working on two projects for the Vaad. He was a delegate to the Canadian Jewish Congress Plenary Assembly and maintains an interest in Congress programs and activities.

Mr. Rosenfeld's aims are to build on the successful 1977 experience under the chairmanship of Hy Calof, when over 600 cards were covered for a 28 per cent overall increase. This year he is looking for 100 per cent participation in giving plus developing a resource bank of public service volunteers who are willing to be drawn into the workings of the Jewish community. He hopes to attain this goal through ongoing education built on



Gdalyab Rosenfeld

the theme of "Our Community: Ottawa-Canada-Israeli."

The Public Service Division Campaign Committee is now formed. Plans for the drive include canvasser training, education and the identification of Jewish public servants.

The Public Service Canvass will begin in April with the closing function, the Annual Public Service Dinner, scheduled for mid-May.

Israeli Trade Fair Plan

Plans are now underway for an Israel Cultural and Trade Fair on May 8 — 10 to celebrate Israel's thirtieth anniversary. The Jewish Community Centre will be turned into something resembling a convention centre housing a merchandising mart and many cultural exhibits. A roster of events are being planned.

The "Fair" is a larger-than-usual undertaking for Yom Ha'Atzmaut. Every Jewish organization and synagogue has been asked to participate. The entire city will be invited to attend. Full support from the Jewish community in both planning and attendance is expected, making the celebration of the holiday

special this year.

The Fair is sponsored and jointly, by the Canadian Zionist Federation and the Women's Committee of the Vaad Ha'Ir.

TEMPLE ISRAEL
will be featured

CBC
"Meeting
Place"

SUNDAY
APRIL 2

10:00 - 11:00 a.m.

Vaad Report

by Gilbert Greenberg

President, Ottawa Vaad Ha'ir
(Jewish Community Council)



Nominating Committee Appointments

In preparation for the Annual General Meeting of the community which will take place on Wednesday evening, June 21, 1978 at the Jewish Community Centre, the Officers have submitted their recommendations for a Nominating Committee of seven to the Executive Committee and Board of Trustees. Under our constitution, the Nominating Committee has the responsibility of selecting a slate of officers and trustees-at-large for the ensuing year and proposing their names to every known participating member of the community.

This year, the formal notice of meeting and the proposed slate will reach you on or about May 8. It will contain the rules of eligibility to vote, to sit as an officer or trustee and to nominate or vote for officers or trustees-at-large. The notice will also state that other persons may be nominated, provided that they consent in writing to be nominees, that ten other participating members of the community sign the nomination papers and that such nomination papers are received by our office by May 29. Should there be any further nominations, the community will receive notice of the names of such nominees and the positions contested by June 14.

Our nominees for the committee will be published when they are confirmed by the Board of Trustees.

Study of the Jewish Aging

On the recommendation of the Jewish Social Services Council, the Officers have authorized a selective Study of the Jewish Aging in order to provide the basis for planning for the needs of the aging for the next five to ten years. The questionnaire will zero in on unmet needs, especially in the area of nursing care. The request for this kind of information came from Hillel Lodge but the concept was expanded when it became apparent that there was more information needed about this segment of our population.

I am pleased that Albert Rivers has accepted the chairmanship of the Study. He and Jacquelin Holzman came to see us at our last meeting and presented a brief on which we based our decision to proceed. Mr. Rivers will now be able to move ahead on the recruitment of his key associates and the structure of the study itself. They hope to do the preliminary planning work in April and May and ask their questions during the month of June. As many as one hundred trained volunteers will be involved in the process. Results are to be tabulated over the summer and a report is expected in September.

The Study of the Jewish Aging recognizes the community's concern about the welfare of the older members of our population. In that sense, the inquiry is a further step in the development of social services for all members of the Jewish Community of Ottawa.

Yom Ha'Atzmaut Report

Rahhi Roy D. Tanenbaum, Chairman of our Committee for the Observance of the 30th Anniversary of Israel's Independence, has told us about the ambitious program which he and his associates are planning for the period from May 8 through 10. The central feature of the three-day observance will be a Trade Fair which will seek to promote many of Israel's export products including fashions, jewellery, furniture, citrus, candy and the like. In addition, the exhibits will feature displays of various aspects of Israeli life and society.

The event will take place at the Jewish Community Centre beginning with a Gala Opening on Monday evening, May 8 and continuing through the 30th Anniversary Celebration on Wednesday evening, May 10. The entire facilities of the building are to be used. Details are now in the final stages of planning. I understand that they are to be announced shortly. In the meantime, I thought you should know where we are heading with respect to Yom Ha'Atzmaut.

Holocaust Memorial Dedication

Moshe Feig, the Chairman of our Holocaust Committee reports that plans are well advanced for the dedication of the Holocaust Memorial. On Sunday morning, May 7. The Memorial will be dedicated by the Rt. Hon. Bora Laskin, Chief Justice of Canada and the program will include participation by survivors, children of the various schools in the community, civic and communal dignitaries and the Jewish community at large. The Planning Committee is headed by Cantor Moshe Kraus. Further details will be announced shortly.

In the meantime, the Holocaust Memorial Campaign is continuing under the chairmanship of William Grossman, Moshe Feig, Mendel Good and Harry Hecht. They still have quite a few people to see and are hopeful that the objective will be reached. Anyone who has not yet made his contribution may do so by phoning any of the four I have listed or Hy Hochberg in our office at 232-7306.

The Ottawa Jewish Bulletin and Review is published by the Ottawa Vaad Ha'ir (Jewish Community Council of Ottawa), 151 Chapel Street, Ottawa, Canada K1N 7Y2. David Loeb, Immediate Past President; Gilbert Greenberg, President; Sol B. Shinder, Dr. Baruch Dina, Vice-Presidents; Alfred Friedman, Treasurer; Joseph Lief, Q.C., Honorary Secretary; Hy Hochberg, Executive Vice-President; Nancy Zalman, Bulletin Co-ordinator.

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Foundation Donation

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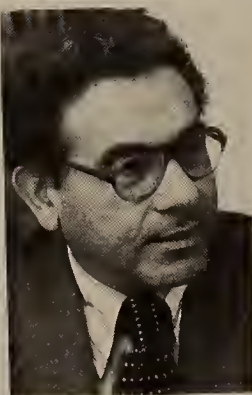
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Contributions may be sent to the Foundation at 151 Chapel Street Ottawa, Ontario, K1N 7Y2. All are income tax exempt. Notifications and acknowledgements are sent to all concerned in the form of attractive cards and letters.



Theodore Comet, Director of Overseas Services and Leadership Development for the Council of Jewish Federations will be in Ottawa on Wednesday, April 5 to meet with community leadership. During the course of the day he will address gatherings of the Women's Committee, Board of Trustees and Leadership Development Group of the Vaad.

Wills

by Gerald J. Rip,

Professional Advisors Committee,
Ottawa Jewish Endowment &
Bequest Foundation

"I have a Will. I signed it about five years ago." "Why do I need a Will?"

How often does a solicitor hear these words! This all too brief article will try to explain why most people need a Will, and if a person does have a Will, why the Will should be reviewed every one or two years. Often the person who thinks he wrote his Will five years ago, discovers, when he retrieves the Will, that the five years were really ten or more years ago.

And a lot has happened not only in ten years, but in seven years, and even two years. A Will should be reviewed periodically because law today is steadily changing and what was appropriate a year ago may not be appropriate today. For example, if you wrote a Will in 1968, your solicitor advised you of taxes to be paid on death pursuant to the Federal Estate Tax Act. But there is now no Estate Tax Act; there may be however taxes and duties, calculated differently than under the Estate Tax Act, to be paid on death pursuant to the Income Tax Act and Succession Duty Act, and an up to date Will would provide for this. And even if you wrote your Will in 1976, there have been amendments to the tax legislation since which may affect your Will.

Under the provisions of the Succession Law Reform Act, which applies to deaths occurring on or after March 31st, 1978, where a person dies without a Will, and has property having a net value of not more than \$75,000.00 and is survived by a spouse and children, all the property goes to the spouse; if the property has a net value of more than \$75,000.00, the first \$75,000.00 goes to the spouse and the balance is divided as follows:

- (a) if spouse and child survive, the property having a net value over \$75,000.00 goes equally to spouse and child;
- (b) if spouse and more than one child survive, one third of the property having a net value over \$75,000.00 goes to the spouse and the balance is divided equally among the children.

But this is not necessarily how the deceased wishes to dispose of his property. And who will administer the property of the deceased if he does not name an administrator ("Executor").

A Will is a document which permits a person (the testator) to distribute his property at death to persons he wants to share in his estate, to appoint to administer his property after death, to direct the administrators of the estate as to what they can or can't do with the property until it's distributed to his heirs. A Will is an expression of a person's will.

In his Will, the testator disposes of his property by way of gift to take effect after death. Nobody else knows what is in the Will until death. The testator declares who gets what property and when it is to be distributed. The testator may provide for certain property to be distributed immediately on his death or years later. And if the property is not to be distributed immediately, his estate will be administered by persons he appoints as Executors and Trustees.

The testator appoints as Executor one or more people he knows and in whom he has confidence to administer his property on death. The Executors act in the place and stead of the deceased and follow instructions which the deceased wrote in his Will. The Executors are responsible, almost on death, for making an inventory of the property of the estate, collecting monies owed, paying off debts, filing the multitude of forms to be filed with government, making sure the widow and children, in case of husband dying, have enough money to live on, and numerous other matters.

In the event same or all property of the deceased is to be distributed years after death, the Executors administer the estate, reinvesting income, changing investments, distributing income, etc. as the testator has provided in his Will.

If the deceased had no Will, then the person to administer the estate is appointed by the Court, and until he is appointed, nobody has responsibility for the administration of the estate and, for example, bills may go unpaid and rentals may not be collected. And the person the Court appoints as administrator of the estate may or may not be a person who the deceased knew or even thought would even administer his estate.

If the deceased has minor children and dies without a Will, the person appointed to administer the Estate may be obliged to pay the child's share to Court to hold until the child obtains the age of 18. In a Will the testator could grant the Executor power to hold the child's share until age 18 or later, and also give the Executor the right to use both income and capital for the child if required for special reasons, for example, the child's education.

And a Will could save you money in at least two ways. There are generally administrator's costs when a person dies without a Will. In certain cases the Court may have the administrator post a bond; and if there is nobody in Ontario to be administrator, then the Public Trustee of Ontario may be appointed, and the heirs would have to deal with a bureaucracy.

A Will could also be used to designate or redesignate beneficiaries of registered retirement savings plan, pension plans, profit sharing plans, insurance plans and other contracts or arrangements which provide that certain sums of money will go to the beneficiary when he reaches a certain age, or to his heirs if he dies before reaching that age. This option is lost when there is no Will.

Because the law determines how the estate is distributed when there is no Will, there is no regard to savings or income tax and succession duties. A Will can provide for dispositions of property of the deceased in such a manner that there would be a reduction, if not complete savings, of taxes and succession duties. One particular method will be discussed in the next issue of the Ottawa Jewish Bulletin and Review.



One Rabbi's Response

by Rabbi Roy D. Tanenbaum

Question: Can you give me a recipe for matzah?

Response: It is difficult to make pesachdige matzah at home, as it is "bread made in haste," defined as 18 minutes from start to finish. If you were to try it, here is how.

You will need a new bowl (metal or glass), rolling pin, fork, and spatula (metal or wood). The oven with rack removed must be thoroughly kashered for Pesach. Water should be drawn just before sunset the night before and kept in a cool place. Whole grain, ground by yourself, should preferably be used, taking care that it is not in contact with any moisture. A minimum of three people are almost necessary, one to mix dough and knead, one to form the matzot, and one to bake. At each stage, one should say, "I am making this for the sake of matzoth mitzvah."

Preheat the oven to highest temperature. Dough should be dry and heavy so it does not stick to hands or utensils. Fine flour is mixed, 80 cc. of water for 230 cc. of flour. Kneading should take place in another room or as far from the ovens as possible. Form a ball, roll out very thin (1-3 mm). With a fork, make holes all over one side of the matzah. Quickly place the matzah on the floor of the oven; do not hold the matzah in front of the oven. Close the door.

From the time the water is placed in the flour, until the matzah goes in the oven, less than 18 minutes must elapse. After 4-5 minutes, turn matzah over without removing. Remove matzah after it has begun to turn dark, but before it burns. All equipment and hands must be washed every 18 minutes.

Signed questions to be answered in this column may be addressed to "Response", Ottawa Jewish Bulletin and Review, 151 Chapel Street. Rabbi Tanenbaum is a Conservative Rabbi at Agudath Israel Synagogue in Ottawa.

Special Education Program Continues at Talmud Torah

In addition to its regular Kindergarten through Grade 7 and Bar Mitzvah instruction, the Talmud Torah Afternoon School offers a special education class for children with learning disabilities.

The class meets for two hours every Sunday morning at 1400 Coldrey Avenue and is open to the entire community. The class is geared to children of elementary school age who cannot cope with the regular programme or who cannot participate in a traditional classroom setting.

Class numbers are kept small as is the pupil-teacher ratio. In addition to the teacher a parent assistant is present at every session.

Some of the special education students are able to advance beyond the parameters of the class; in this case, they enter the regular Afternoon School tutorial programme. The children participate in all assemblies and activities of the school. It is hoped that, as the programme develops, more possibilities for integration into the regular stream will

become apparent.

Enquiries about the class should be directed to Mrs. Estelle Gunner, Supervisor, 728-1750 or 829-2455.

"Holocaust" Guide

"THE RECORD". A newspaper format discussion guide on the Holocaust for older students and adults. A background to the NBC-TV dramatic series titled "Holocaust" (to be aired April 16). Illustrations from Archives and from the TV series. Excerpts from Elie Wiesel, William Shirer, Hitler, Goebbels, Nuremberg trials etc. Maps, drawings, chronologies of 1933-45 period. Co-sponsored by National Council of Social Studies (U.S.) and Anti-Defamation League of B'nai B'rith. 16 pp. Phone the Bulletin to be placed on waiting list for copies.

Report on Violence At Jerusalem WZC

Concerned because of a pledge made by the first World Zionist Congress in 1867 never to discuss religious issues, and worried about entry and status of religious groups, several delegates to the recent 29th WZC exchanged blows in the aisles and fought to gain access to the microphone. Reform, Conservative, Orthodox, Maccabi, and Sephardic Movements were eventually admitted.

A related resolution extending equal rights to all religious trends in educational programs caused Mizrahi delegates to threaten withdrawal.

All factions were mollified, however, when Chairman Leon Dulzin proposed to refer both resolutions to the Congress Court, which is to be presided over by Judge Moshe Etzioni.

Hillel Project



Michal Schwarc and Barbara Blevis, grade eight students in the Hillel Academy, display part of their recent Chumash project on Tefillin in one of the display cabinets at the Central School building.

Can you accommodate
GUESTS AT YOUR
SEDER TABLE?
Call JIRS at 232-3775



Mrs. Rose Pearlman, centre seated, is honoured at a recent birthday party celebration at Hillel Lodge. Family members present are left to right, Lou Mirsky, Allan Pearlman, Dr. and Mrs. Lionel Pearlman.

News Briefs . . .

Soviets Intensify Jamming

The Director for Foreign Broadcasts of Israel's Broadcasting Authority, Victor Grayevsky, disclosed that the U.S.S.R. is using 6,000 radio stations to interfere with broadcasts on Aliyah to Russian Jews, by 14 Israeli stations. Despite the interference, Jews in the Soviet Union listen to the Israeli broadcasts, and send letters and sometimes telephone Israel about them.

Yiddish Paper Celebrates

BUENOS AIRES. Argentina's one Yiddish daily, Di Presse, is sixty years old this year. Founded in 1918, it is strongly pro-Israel.

Modai Rejects Egyptian Demand

JERUSALEM. On a radio interview, Energy Minister Yitzhak Modai has said that Egypt's claim for compensation for \$2-billion worth of Sinai oil has no basis in international law. He stated that Israel's policy would be to continue drilling for oil in the Sinai until "significant changes occur in the negotiations with Egypt."

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Call to the Jewish People:

Thwart PLO Terrorism with Public Protests

by Hillel Brustin, JCC Shaliach

The heinous murder of innocent people near Tel-Aviv by Palestinian terrorists and the support and congratulations that they received from most of the Arab world has generated worldwide sympathy for Israel, and overwhelming indignation of the terrorists.

The declared goal of the PLO is liquidation of Israel as a Jewish state and its replacement by a "secular democratic state." I doubt that many people are fooled into believing that Jews will be able to live in this secular democratic state. The tangible evidence we have comes from observing the present attitudes and behaviour of the Palestinians

towards the Christians in Lebanon.

The inability of the terrorists to destroy Israel or even to instill panic among Israelis will bring these terrorists to commit acts of terror outside the boundaries of Israel. The immediate aim of the terrorist therefore is to cause injury to anyone who supports Israel as a sovereign state. There is definitely a necessity for caution in order to prevent the terrorists from acting against the Jewish organizations and institutions that support Israel.

People who care, who believe that Israel has a legitimate right to exist, cannot limit themselves to an expression of condolence or saying Kaddish for the Jews who

were murdered. There must also be a more active expression of solidarity with Israel.

After their attempts to damage Israeli citrus exports by saying that the oranges were poisoned, we should have publicly declared that any attempt to interfere with Israel's trade would fail, and then gone ahead and purchased even more Jaffa oranges than initially was intended.

In my opinion that is a positive active response. I know of members of the community who did so, but the act and its publicity should have been more widespread.

I think that there should be a similar response to the murder of tourists near Tel-Aviv. We should

come out and declare that it will not deter us from touring and sending our children to Israel. The more people who visit Israel, and declare it out loud, the less the terrorists will have succeeded in isolating Israel.

A fund should be established to subsidize students who want to go to Israel on one of the established programs. This is the time to encourage such programs.

Twelve children from the Dror-Habonim will be going to Israel this summer on a Kibbutz program. Under the auspices of the JCC, ten other students will be participating in a Canadian Zionist Federation program. One Ottawa family will be going to the "Family

From The Israeli Desk



experiment in Kibbutz," to Kibbutz Hagoshrim along the Lebanese border.

I call upon all those people who are going to Israel to declare it publicly so that the terrorist groups will know that their attempts at intimidation have failed.



Jewish Community Centre Spotlights

JCC Golden Age Club

A. Tax Returns For Free

The Ottawa Senior Citizen Council has arranged for chartered accountants to do income tax returns free for those who:

1. are 65 or over and are on a fixed income
 2. live in the Ottawa-Carleton area
- Please call 563-2799 or 563-2761 Monday, Wednesday, or Friday from 10:00 a.m. to 2:00 p.m.

B. New Piano Purchased

The Golden Age Club has purchased and received a new piano. The Club is looking forward to having musical entertainment. Anyone interested in playing for

the Club during the Monday afternoon program is asked to contact Judith Kizell 232-7306.

C. Purim Party

The Golden Age Club celebrated Purim on March 27 with a party, instead of the regular scheduled program.

D. Nutritional Program

Services to the Elderly, with the staff from the JCC, will be offering a series of Nutritional Programs April 3, 10, 17. The purpose of the program is to make seniors more aware of nutrition.

There will be films, discussions, exercise, and songs.

Spring Hebrew Classes

Intermediate Level Beginner Level

Those interested in attending Intermediate level Hebrew class should preregister before April 24th. The 16 sessions will be held Monday and Wednesday, 7:00 — 8:30 p.m. beginning May 1. Fees: members: \$55, nonmembers: \$70.

Anyone interested in Beginner Level Hebrew should contact Judith Kizell. If enough persons are interested class time will be scheduled with Mrs. Y. Lefkovich. For further information contact Judith Kizell 232-7306.

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July 2nd — August 16th, 1978 Cost: \$1,280*

ADVENTURE IN KIBBUTZ 44 days - Ages 16 - 17

An experience in communal living including 25 days work in kibbutz and 17 days of touring. June 25th — August 17th, 1978; July 2nd — August 15th, 1978 Cost: \$1,160*

TEEN TRAVEL WITH YM/YWHA 40 days - Ages 15 - 17

An adventure that includes 10 days in Jerusalem, tours of Negev, Galilee, etc., weekend home hospitality, Neot Kedumim experience and more.
July 4th — August 13th, 1978 Cost: \$1,495*

ADVENTURE IN MOSHAV 42 days - Ages 15 1/2 - 17

An intensive 3 1/2 weeks living and working on a moshav, followed by 2 1/2 weeks of touring.
June 27th — August 8th, 1978 Cost: \$1,245*



STUDENT SUMMER TOUR 45 days - Ages 18 - 21

Four weeks living and working on a kibbutz, one week in Jerusalem and 10 days of organized touring. Participants in this program have a one-year open ticket with one stop-over in Europe.
May 9th and May 29th, 1978 Cost: \$ 985*
June 25th, 1978 Cost: \$1,085*

SUMMER IN KIBBUTZ 60 days - Ages 18 - 25

A volunteer work program including 60 days working and living on a kibbutz and 10 days touring.
June 14th — August 13th, 1978 Cost: \$ 800*

ISRAEL SUMMER HAPPENING 40 days - Ages 15 - 18

A tour program of Israel, including Jerusalem, Nature Study Centre, Negev, Galilee, Tel Aviv and Sinai. June 28th, 1978 (U.S.) Cost: \$1,239*

ARCHEOLOGY SEMINAR 42 days - Ages 18 - 25

A chance to work with world famous archeologists during a 6 week program, 4 weeks of which is devoted to the Dig at Tel Aphek, the remainder to touring. This offers 4 — 6 college credits.
June 18th, 1978 (U.S.) Cost: \$1,128*

*All prices quoted above are in Canadian funds unless otherwise stated; they do not include a \$25 non-refundable registration fee. *Programs and departure dates are subject to change. *All Canadian & U.S. prices are subject to change.

A service of

Youth & Hechalutz Department (CZF), Tel.: (514) 934-0804

We are pleased to announce that the next DIZENGHOFF SQ. CAFE

will be held

Saturday, April 8
at 9:00 p.m. in the Assembly Hall at the JCC

featuring New York Based Israeli Singers THE EAST-WEST-DUO—JUDY STEEL AND ARIE LISHAN

Admission:

Students...\$2.00; Adults...\$4.00

Sponsored By:

Jewish Community Centre,
Jewish Student Union,
Israeli Drop-in Centre
Young Adults

ADULTS OF ALL AGES ARE INVITED



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VISA

An Open Letter to Jewish Parents of Teenagers

by Bernie Farber, Youth Director

A short time ago, with the help of my Youth Services Committee, I put together a Teen-Family forum on Jewish values. This was done for a two-fold purpose:

a) to help our Jewish community identify important problems significant to our unique situation as Jews and Canadians, and
b) to establish a dialogue, which parents felt should be developed between parents and teens at the Centre. Many man-hours, committee meetings and think tanks were spent establishing what we felt would be a worthwhile series of learning workshops.

The response from the community to these Teen forums was non-existent. As Youth Director in a community of over two thousand Jewish families, I was dismayed at

the fact that nobody really felt these particular forums were worth attending. Ever since I started my job here, the most common concern was the fact that the Jewish Community Centre was doing very little to serve Jewish families and teens on a cultural or educational level. Now that plans have been implemented and presented in these areas, those concerned parents are nowhere to be found.

This problem seems to belie many other problems surrounding our community. It seems to me that at times we run around blindly complaining, but when it comes to serious action as adults and teens, we try to escape. The Youth Services Committee, who even helped canvas a good portion of the Jewish

Community Centre members, heard excuses ranging from "I'm sorry; it's my poker night," to "I don't think my children would be interested."

So, what are the answers? It is very easy to blame the Jewish Community Centre for any of your ills — teen interdating, loss of Jewishness, etc. But this is no longer fair.

Time has now come for you as parents to look into what the real problems are. Are your children looking at the Centre in a negative light? Why? For the simple reason that their parents see it the same way. You are but role-models for your children. They will in most cases only re-iterate your feelings and concerns. Do you see the Jewish Community Centre and its

programs as a glorified baby-sitting service? Is the Centre seen as a legitimate institution able to bring about change?

Parents, there are no longer any excuses. Your inaction, at times, is what causes your children's ambivalence at best, and outright rejection at worst. Historically, a Jewish Community Centre is the hub of all Jewish communal life. Without it, we as a Jewish entity have no common ground. Emil Fackenheim, Jewish philosopher, stated that "One reason for Jewish survival throughout the centuries is the fact that we always had a 'place' to be, to gather, to share ideas or just be with others whom we understood."

Without this "place" we are lost to the complexities of an intricate

secular world where our Jewishness is misunderstood or, worse, not even realized.

The Word:

Stagger Inn has shown a lot of promise. It opened in January. Its programs have attracted well over 500 teens. This is good, but it can still be better. In order for it to be better I need ideas. There are over 600 teens out there between the ages of 13 - 17, which should be more than enough to suggest at least a few areas that we can try to program in.

Therefore, take some time — tell me what you would like to see and do. With your help we could turn the Stagger Inn into exactly what you wish it to be.

APPROVED WITH
JWB



Jewish Community Centre Spotlights

Library Notebook

A history of Israel
From The Rise Of Zionism To Our Time
By Howard M. Sachar

This book traces the evolution of Jewish nationalism in all its complexity and richness, against the matrix of European Jewish life.

Professor Sachar examines the non-Jewish political and economic factors that have influenced Zionist and (later) Israeli institutions. He also discusses the rival Western, Soviet and Arab imperial ambitions that have shaped the subsequent diplomatic policy of the State of Israel. He describes all-but-forgotten communities of Oriental Jews and their painful transplantation, from the ghetto status of North Africa — the Levant, Yemen, Iran, Afghanistan and Cochín — to dynamic, westernized Israel.

A succession of multi-faceted personalities, such as Theodor Herzl, Weizmann, Sykes, Balfour, Wingate, Haj Amin al-Husseini, Abdullah, Ben-Gurion, Nasser, Arafat, Golda Meir and Rabin gives the book a compelling readability and illuminates historical events and issues.

Among other books in the JCC Library by this author are: "The emergence of the Middle East, 1914-1924," and "Europe leaves the Middle East."

Preteen Basketball

The Phys. Ed. Dept. will be starting a basketball league on April 9. Anyone age 8 - 13 can participate. Before the league begins, there will be instructions for skill improvement.

Weight Control Club

Dieting? Adequate Sleep Helps

Researchers have found that the dieter who gets plenty of sleep does not feel as hungry as the dieter who does not get enough. The explanation involves the amount of time spent in REM (Rapid Eye Movement) sleep and dreaming. Plenty of good sleep helps suppress the hunger impetus that comes from within the brain.

If someone has difficulty in falling asleep, he might get into the habit of taking a milk exchange (skim milk, 0 percent fat cottage cheese or yoghurt, or buttermilk) before going to bed.

Exercise also acts as a physical and emotional tranquilizer and makes sleep come more easily.

Kiddie Gymnastics

A new program in gymnastics, designed for children from 3½ to 5, will begin on April 13.

The child will learn many gym skills not usually taught in nursery or kindergarten classes. He will also have an opportunity for free movement, with proper instruction.

Chinese Vegetable Soup
(60 calories per serving)

2 envelopes instant chicken broth
2 cups boiling water
1 cup green peas, cooked and cut in thirds
¼ cup canned bamboo shoots, drained, chopped
1 can water chestnuts, drained, sliced
½ cup cooked peas
½ red pepper, diced
1 tablespoon lemon juice
black pepper

Dissolve broth in boiling water. Add remaining ingredients and simmer 10 minutes. Serve hot. Makes 4 servings.

Jewish Information & Referral Service

has information on
—accommodations
—employment
—social service agencies
—Jewish education
Mon. - Fri. 9:30 a.m. - 3:30 p.m.
Dial 232-3775

The Volunteer Bank Needs You

—Transportation —Civic Hospital canteen
—Friendly visiting —Red Cross Blood Donor Clinic
—Typing —Jewish Information and Referral Service
—Telephoning —Jewish Immigrant Aid Society
—Library work —Shalom Welcome Service
—Hillel Lodge —Services to the Jewish Elderly

Jewish Information and Referral Service, 232-3775

Background Information

Women's Breast Cancer Clinic

As announced in the March 17 Bulletin, April 18 is a special day for women at the JCC. On that evening the Phys Ed Department, in conjunction with the Canadian Cancer Society, is presenting a program called "Do it Yourself", on Breast Self-examination. As background material, the Bulletin is publishing the first of a series of articles on breast cancer. This one was written by Barbara Jones, MD, Clinical Assistant with the Ontario Cancer Treatment and Research Foundation.

"Cancer of the breast is the commonest cancer of women, affecting one in every fourteen. If treatment is to be effective, early detection is extremely important. Most cancers are discovered by the women themselves so it is critical that all women be able to examine their own breasts and seek early

treatment. There is a tendency to deny the possibility of cancer when a lump is discovered or to delay seeking medical advice through fear. These factors must be recognized and overcome if the chance of cure is to be increased.

Not all breast lumps are cancer. In fact, most are not, but any lump which increases in size or changes in any way should be seen without delay. Even if it does turn out to be malignant, eighty percent of women with early breast cancers are doing well five years later.

Certain women have a greater risk of breast cancer and should be particularly careful to examine themselves and have regular medical checkups. These include women over forty and those with a family history of breast cancer."

More will be said about this at the clinic on April 18; so plan now to attend.

Don't
Strike Out!!



Registration
for the
Jewish Men's
Softball
League
Closes April 20

The season commences SUNDAY, MAY 21

Regularly scheduled games will be played on MONDAYS, WEDNESDAYS and SUNDAYS, thru June and July.

The play-offs start in early August with the Awards Banquet concluding the '78 season. Registration fee is \$15.00. The league can accommodate eight teams this year, and early indications have pointed towards an overwhelming response. We urge you to complete the registration form below and mail immediately.

For further information contact: Ron Boro 232-7306

JEWISH MEN'S SOFTBALL LEAGUE REGISTRATION FORM

Name Phone No. (home)
Address (bus.)
Age
Old player? New player?

Mail to: J.M.S.L.
c/o 2890B Baycrest Dr.
Ottawa, Ontario
K1V 7P9



SATURDAY, APRIL 22nd, 1978

7.20 p.m. — 10.30 p.m.
(Second Night)

Fourth Annual Agudath Israel Congregation Seder

Designed for family participation

EXPLANATIONS — SONGS — PRIZES — GAMES FOR CHILDREN
and
FULL MEAL

FAMILY OR HAVURAH TABLES

By Reservation Only by calling Synagogue Office 728-3501
Chairlady: Gitta Aptowitz

Hosts:
Rabbi Tanenbaum
Cantor Aptowitz

Here's What's Happening Around Town....

Sunday, April 2
B'nai B'rith Bytown Lodge
3061, executive meeting, 7:30
p.m., 120 Benlea

Monday, April 3
Golden Age Group, 1:30 p.m.,
J.C.C.
Ottawa Hadassab-Wizo —
Medical Services Luncheon

Tuesday, April 4
B'nai B'rith Ottawa Lodge No.
885, Citizen of the Year Award
Night, J.C.C.
Ottawa Talmud Torah Board
Meeting, 8:00 p.m., J.C.C.

Wednesday, April 5
Mizrachi Women's Council,
Tea, 2:00 p.m., J.C.C.
Leadership Development
Group, 7:15 p.m., J.C.C.
B'nai B'rith Parliament
Chapter No. 1041, Installation
Ottawa Women's B'nai B'rith
Chapter 421, luncheon, 12:30
p.m., 1400 Carling Ave., Irving
Altman, installation officer.

Thursday, April 6
Jewish Social Services
Council Meeting, 6:00 p.m.,
J.C.C.
Hard of Hearing Club, 7:30
p.m., 1273 Meadowslands Dr. E.

Monday, April 10
Congregation Beth Shalom,
Board Meeting, 6:30 p.m.,
J.C.C.
Endowment and Bequest
Foundation, Directors
Meeting, 12:15 p.m., J.C.C.
Golden Age Group, 1:30 p.m.,
J.C.C.

Tuesday, April 11
Jewish Community Centre,
Board of Directors Meeting,
6:30 p.m., J.C.C.
Congregation Agudath Israel,
Board Meeting.
B'nai B'rith Ottawa Lodge No.
885 Meeting, 8:00 p.m., J.C.C.

Wednesday, April 12
Jewish Community Council of
Ottawa, Officers Meeting, 4:00
p.m., J.C.C.
Kadimah Chapter ORT
meeting, 7:45 p.m., 230
McLennan Rd., workshop on
mental health and parenting
with Frieda Paltiel

Thursday, April 13
Jewish Social Services
Council Meeting, 6:00 p.m.,
J.C.C.

Canada Israel Cultural
Foundation Art Lecture, 8:15
p.m., home of Mr. and Mrs. Z.
Vered, 839 Melwood Avenue.

Sunday, April 16
Ottawa Modern Jewish School
Board Meeting, 9:30 a.m.,
J.C.C.
United Jewish Appeal, Young
Adults, Breakfast, 10:00 a.m.,
J.C.C.
B'nai B'rith Ottawa Lodge No.
885, Installation Dinner,
Congregation Machzikei
Hadas.
B'nai B'rith Bytown Lodge
3061, general meeting, Mach-
zikei Hadas, elections,
speaker.
Items for inclusion in this
Vaad calendar may be called
in to Gert Greenberg at 232-
7306.

TV-Radio Highlights

Sun., Apr. 2
10:00 — 11:00 a.m. — CBC - TV — "Meeting Place," features
Ottawa's Temple Israel.

3:30 p.m. — CJET radio — "Jewish Radio Program," features
Rabbi Saul Aranov speaking on "The Challenge to Organized
Religion Today."

Tues, Apr 4
9:00 p.m. — Channel 12 TV — "Shalom Ottawa," east end of
Ottawa.

Sun., Apr. 9
3:30 p.m. — CJET radio — "Jewish Radio Program," features
Rabbi M. Mannes Friedman, Dean, Women's Institute of Jewish
Studies, St. Paul, Minnesota.
5:00 p.m. — Channel 12 TV, Shalom Ottawa.

MIZRACHI CONVENTION TO BE HELD IN OTTAWA

The Mizrachi-Hapoel Hamizrachi of Canada announces that its
national convention will be held in Ottawa this year. Members are asked
to reserve Victoria Day weekend, May 20-22, for this event.

Play With A Purpose Featured at Shira Cooperative Play Group

When the preschoolers meet at the Overbrook Public School for their co-operative play group, they learn things no other Ottawa group of 2-3½ year-olds is taught. They are learning to understand, enjoy, and take pride in their Jewish heritage and culture. Through parent involvement, the school aims to reinforce Jewish learning from home.

A typical morning at the playgroup begins with an hour of free play, or learning through discovery. Four centres of interest are set up. Prior to a Jewish holiday these areas would be geared to that festival. For example, for Purim the children visited the King's castle where they dressed up like the characters in the Book of Esther. They made hamentashen and shalach manos out of play dough and made megillahs and noisemakers to take to shul.

Each Monday and Wednesday morning, when the class meets, the brocha is said by the children prior to juice and cookie time. Kepas are worn. Children also learn to say two "magic" words — "Please," bi-va-ka-sha and "thank you," to-da.

During circle time the children sing, dance and play musical instruments as well as develop listening skills. Dramatic play, games and stories are also part of the circle fun. These are geared towards Jewish holidays when relevant. And in the gym, the children participate in gross motor activities designed to improve their co-ordination and develop greater body awareness.

Beverly Sturtevant is the teacher for the preschool program. She has experience as teacher and director of playgroups, a degree in recreation leadership and a background in children's music



"Toda" for the juice and cookies, "Mora".

and art.

Registration is now open for the next term, which begins April 3.

The class meets 9:30 - 11:30 a.m.

Monday and Wednesday mornings

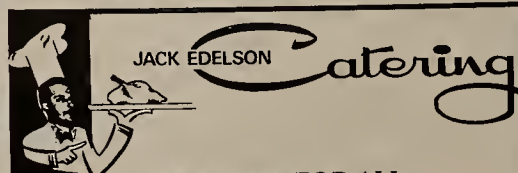
in spring, summer and fall. Fee for

the April-June session is \$35.

Classes are limited to 15 children.

The school is located just off the Queensway at the Alta Vista North exit.

To inquire about car pool arrangements or other aspects of the program, phone Esther Williams 728-4121, Sheila Senman 728-3337, or Frieda Wadler 521-9585.



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Young Israel Synagogue
Temple Israel
Congregation Machzikei Hadas

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Dark Horse Candidate

JERUSALEM. Premier Menachem Begin has selected a little known scientist, Prof. Yitzhak Shaveh, as successor to Israeli President Ephraim Katzir. Katzir, a bio-physicist, has announced that he wishes to return to the Weizmann Institute of Science at Rehovoth, at the end of his 5-year term.

Shaveh, 54, has conducted research on isotopes, armaments and nuclear physics. He is Egyptian born, and of Syrian parentage. Shaveh is presently on sabbatical in Paris.

Meanwhile, both the National Religious Party and the Democratic Movement for Change, prefer doveish Laborite Yitzhak Navon.

The Knesset vote is slated for April 5.

Services For Jewish Elderly 232-7306, Ext. 37

Senior Citizens:

Do you need occasional transportation service?
Would you like someone to give you a phone call a few times each week?

Are you interested in having someone visit you (probably once a week)?

Phone the Services for Jewish Elderly. We may be able to help.

Our volunteers visit people who live alone, people who don't get out much or people who would just like some company once in a while.

Lisa Garman
Director

Services for Jewish Elderly Need Volunteers

DESPERATE need for volunteer(s) to deliver one kosher meal one or more days per week from Hillel Lodge to nursing home on Carling Avenue.

HUNGARIAN-SPEAKING woman to visit or go out with woman in west end.

DRIVE to and or from Island Park Drive area for person visiting in St. Vincent Hospital on Cambridge Street.

ENGLISH SPEAKING GENTLEMEN who likes watching sports to visit with elderly man in west end. Transportation is available for visitor.

YIDDISH speaking visitor for elderly man in east-end nursing home.

WOMAN VISITOR for Yiddish and Russian speaking woman in east end.

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Cong. Machzikei Hadas
Beth Shalom Synagogue
Young Israel Synagogue
Temple Israel

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235-8201

733-5507



Peace is a process.

After five wars in 30 years,
the people of Israel continue
to dream of peace.

We too dream of peace.

Achieving peace is a process.
Long, slow, difficult.

There will be moments of high
hope and expectation.

And moments of stalemate and
disappointment.

But peace is negotiable. The process,
hopefully, will go on.

And succeed.

And the great dream will be realized.

It calls for patience...
and prayer.



Need is a fact.

For 30 years, the Jewish
community has sought to meet the
human needs of immigrants in Israel.

Need is a fact.

In times of war or peace, hope or
disappointment, it persists.

For ill-housed immigrant
families.

Children denied a full
education.

Russian Jews in search of new
lives.

Need cannot be negotiated.

It must be met.

It calls for impatience...
and action.

We Are One
Around the Corner Around the World

United Jewish Appeal of Ottawa

—Open Invitations—

Bus Tour of Matzoh Factory

Youths 6 — 14 are invited on a Young Israel Synagogue bus trip to Montreal on April 9. The tour will visit a Matzoh factory, lunch at a restaurant and see old Montreal.

Adult supervision is provided. Parents may join. The cost of \$10 includes lunch. Reservation deadline is April 5. Phone 722-8394 or 722-2658 (evenings).

Friedman to Speak on Liberated Women

Sisterhood of Young Israel invites all Ottawa on April 8 to hear Rabbi M. Mannes Friedman, Dean of the Women's Institute of Judaic Studies, St. Paul, Minnesota. He will speak at 11:00 a.m. on "The Liberated Woman" and at 8:30 p.m. on "Human Sexuality — Freud, Germaine Greer and the Modern Jew."

Babysitters are available. Kiddish, lunch, singing and a Melaveh Malkab are also planned. Call 722-8394 or 224-5467 for costs and other information.

Free Lithographs At Art Auction

Kadimah Chapter Ottawa Womens ORT is holding an Art Auction at the Agudath Isreal Synagogue on April 30, 8:00 p.m. Cost is \$1.00 per person. A free lithograph will be given to each couple. For information call Paula Agulnik (828-8047) or Bonnie Carrol (521-1683).

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Party For Newcomers on April 19

The Shalom Welcome Service will be holding a wine and cheese party on April 9, 8:00 p.m. at the Jewish Community Centre.

Newcomers who wish to join the party and who have not been welcomed yet by the Welcome Service should call Linda Stotin, 226-3311.

If members of the community know of Jewish people who have recently moved to Ottawa, they are asked to phone in the names to Ms. Slotin.

Prof. Cammy To Lecture at Synagogue

The Agudath Israel Sisterhood invites the community to its annual Torah Fund Luncheon on April 12. Gerald Cammy, Professor of Political Science at CEGEP in Hull, will speak on the future of Jews in North America and specifically in Quebec. For reservations, call Arlene Glube at 820-1784.

International Y Fair

The annual International Y Fair will be opened on April 17 by patroness Mme. Jules Leger. Over 40 embassies and high commissions from Ottawa are assisting in bringing in native food, handicrafts, works of art, decor, a fashion show by embassy children, music dance and an auction. The Ami Hai Israeli dancers will perform.

Tickets are \$1.50 at the Y, the Davis Agency or the door. Time and place: 2-8 p.m. at Lansdowne Park. Funds will be used in development programs in Africa, Asia and South America.

OMJS Anniversary Party

Graduates, former students and friends are invited to the Ottawa Modern Jewish School Twenty-Fifth Anniversary Party on April 30, at the Jewish Community Centre from 7.30 p.m. to 11.30 p.m. Jack Smith is catering, and the Lady Joan Orchestra is supplying the music.

Tickets can be reserved by phoning committee members Kurt Orlik (233-6256) or Mottie Feldman (224-6879) or purchased by mail by forwarding a cheque (\$10.00 per ticket) to the OMJS 25th Anniversary Committee, 270 MacLaren Street, suite 21, Ottawa, K2P 0M3.

Rivers Names Personnel For Study

Albert Rivers, Chairman of the forthcoming Study of the Jewish Aging, is moving ahead with the organization and structure of the project. A series of meetings with university officials and his lay

committee have already been held.

Mr. Rivers has also made three important appointments. Dr. Mark August has been named Chairman of the Sub-Committee on Study Design. Alex Cohen will head the Sub-Committee on Volunteers and

Dr. Norman Tenenbaum will chair the Sub-Committee on Target Population Identification. All three gentlemen are in the process of recruiting committee personnel and defining their terms of reference.

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